

KIDNEYS WEAKENING? LOOK OUT!

Kidney and bladder troubles don't disappear of themselves. They grow upon you, slowly but steadily, undermining your health with deadly continuity, until you fall a victim to irreparable disease. Stop your troubles while there is time. Don't wait until little pains become big aches. Don't trifle with disease. To avoid future suffering begin treatment with GOLD MEDAL Haaslem Oil Capsules now. Take three or four every day until you feel that you are entirely free from pain.

This well-known preparation has been one of the national remedies of Holland for centuries. In 1896 the government of the Netherlands granted a special charter authorizing its preparation and sale.

The good housewife of Holland would almost as soon be without food as without her "Real Dutch Remedy," as she quaintly calls GOLD MEDAL Haaslem Oil Capsules. Their use restores strength and is responsible in a great measure for the sturdy, robust health of the Hollanders.

Do not delay. Go to your druggist and insist on his supplying you with a box of GOLD MEDAL Haaslem Oil Capsules. Take them as directed, and if you are not satisfied with results your druggist will gladly return your money. Look for the name GOLD MEDAL on the box and accept no other in sealed boxes, three sizes—Advertisement.

Woman's Page

LEFTOVER DISHES OFTEN MAY BE USED FOR Dainty LUNCHES

Many dishes owe their place in the world to a leftover. Try some of these recipes when you find some leftover of vegetables in your ice box.

LEFTOVER LUNCHES.
Sausage and rice cakes.
Stuffed tomatoes with sauce.
Peach tapioca.

Chicken hash with potatoes.
Stuffed green pepper salad.
Rice pudding with stewed fruit.

Honey balls.
Creamed hard cooked eggs.
Bermuda onion and orange salad.
Huckleberry dumplings.

RECIPES.
Sauteed Tomatoes.

Six large slices tomato, quarter cup flour (may be corn or rice flour), half cup milk, one tablespoon fat, salt and pepper.

(Any leftover sliced tomatoes, if firm and solid, may be kept covered with cold water for use next day.) Dry the slices of tomato if they have been in water, season with salt and pepper and dredge both sides well with flour. Meit fat in pan; when hot put in tomato, browning well on one side before turning. When both sides are brown remove to a hot platter. Gradually add milk to flour and fat in the pan, stirring well. Pour this sauce around the tomatoes and serve.

Peach Tapioca.
Soak one-half cup of granulated tapioca in one and one-half cups of cold water overnight. In the morning add two cups of boiling water and a little salt and let it boil five minutes. Then put into a double boiler and cook until clear. Take the remnants of a can of peaches—there should be at least a cup, and if there is a pit or two all the better. Add a little more sweetening and simmer until the syrup is somewhat thickened and stir into the cleared tapioca. Remove from the fire, cool and pour into a glass dish. Serve with sweetened cream.

Rice Pudding with Stewed Fruit.
Take two cups of rice pudding that has become very stiff when cold and mix with it a cup of stewed and chopped tart prunes. Pile it lightly in a glass dish and serve it with the prune juice, sweetened and thickened with a little corn starch. Other fruits than prunes may be used.

Bermuda Onion and Orange Salad.
For the individual salad use one slice Bermuda onion and two of orange. Serve on lettuce leaves with French dressing.

Huckleberry Dumplings.
One and one-half cups leftover huckleberries, one teaspoonful vinegar, four tablespoonfuls sugar, one teaspoonful cinnamon, three tablespoonfuls water.

Put above ingredients into saucepan and let them come just to the boil. While these are heating sift together one cup of flour, two teaspoonfuls of baking powder and one-eighth teaspoonful of salt. Beat up one egg, add to it about two tablespoonfuls of milk and stir lightly into the dry materials. There should be just liquid enough to wet the flour and make a very stiff dough. Drop by spoonfuls into the boiling huckleberries, cover tightly and boil ten minutes without removing the cover. Serve at once. A mixture of huckleberries and currants may be used and the vinegar omitted.

SUGARLESS ICE CREAM

Our natural love of ice cream and the sugar shortage can be balanced by making ice cream with other sweeteners. The United States food administration sends these recipes:

Pineapple Ice Cream.
One pint milk, one-quarter cup light sirup, two and two-thirds tablespoonfuls maple sirup or honey; one-half tablespoon corn starch, one egg, one pint cream, two-thirds cup pulp or

pulp and juice of sweetened canned pineapple.
Heat one and one-half cups of milk in the top part of a double boiler. Add the sirup and honey. Mix the cornstarch carefully into the remaining cold milk and add to the hot mixture. Cook for fifteen to twenty minutes. Pour about one-half cup of the hot mixture over the slightly beaten egg, stirring carefully. Add to the first mixture and cook for a few minutes, stirring constantly. Cool, add cream and pineapple. Freeze.

Peach Ice Cream.
One pint milk, one-third cup light sirup, one-third cup honey or maple sirup, one-half tablespoon cornstarch, one egg, one pint thin cream, two-thirds cup peach pulp unsweetened. Make the same way as pineapple ice cream.

If Your Hair Is Graying Begin This Simple, Harmless Treatment Now

A few gray hairs mean more to come. Don't wait. There is a simple home treatment which will restore to your hair all its natural color and gloss.

Get a bottle of Q-ban Hair Color Restorer at the druggist's and each night brush or comb it through your hair. Q-ban positively is not a dye. It simply restores the color; and so gradually, and evenly that it seems like the natural receding of the hair. And Q-ban will bring back as well the natural softness and luster.

Just a few applications of Q-ban will restore the original color. Then only an occasional application is necessary to retain it permanently. Q-ban will not stain the scalp, rub or wash off, and does not interfere with waving or shampooing the hair. Will positively eradicate dandruff.

The makers of Q-ban have been known for a generation as specialists in the treatment of the hair. Sold by all good druggists everywhere on Money-Back Guarantee. Price 75c.—Advertisement.

WORTH KNOWING

Stockings and socks, after being soaked in warm water for two hours and then dried before being worn, will last twice as long.

Avoid the smoke of frying bacon in the kitchen by laying the slices of bacon on a pie tin and baking them. In the oven for five or ten minutes. It cooks evenly this way.

FRUIT LEATHER

Mash ripe fruit (berries, cherries, figs, apricots, peaches and blue plums may be used) to a pulp, spread on lightly oiled platters and dry in the sun or dryer.

When dry sprinkle with sugar and pack away in jars or very tight boxes lined with wax paper. Peaches or half and half peaches and figs make delicious leather and need only a sprinkling of sugar. Serve this leather in winter instead of candy or with cream cheese and nuts for dessert.

Fruit leather may be soaked in water and used for pies, shortcakes, puddings and sauces. When intended for this purpose, omit the sugar.

FUEL CONSERVATION

Save all cereal boxes, especially the round rolled oats boxes, also covers, and use as a receptacle for burnt matches and scrap paper and store with wood for use next winter.

Jale curiosity is an unknown factor in the fair sex. It works overtime.

MUFF AND COLLAR IN STRIPES

To be really fetching in winter each one's bonnet should take proper cognizance of one's muff and collar.

Here's a smart combination that would make even the most circumspect lady content to "wear stripes." The muff and collar are striking in their contrasting bands of black lynx and gray squirrel.

The delectable bonnet, by Peggy Hoyt, is a confection in two tones of gray velvet with narrow bandings of the dark fur about the face. There is nothing extravagant in the size of the fur collar. It's a collar, and no more—fastening snugly and invisibly at one side.



BRITISH GIVEN WARM RECEPTION

Population at Haifa, Even German Colonists, Join in Enthusiastic Welcome to Troops.

BRITISH ARMY HEADQUARTERS IN PALESTINE, Tuesday, Sept. 24. Via Montreal, Sept. 25.—A few hundred British soldiers left at Haifa today for the British advance but were finally driven out.

The population gave the British a most enthusiastic reception, even German colonists participating in the welcome. These Germans are mostly quiet immigrants from Wurtemberg who came to Palestine on concessions grounds. They complain bitterly of the Turkish executions and their lack of security.

Among the prisoners is a German major, who wanted to leave Haifa with other German troops on the day previous to the British entry into the town, but was compelled by the Turks to take part in the fighting. He spoke of the German mechanics working at Nazareth who might have escaped but preferred to be taken prisoner rather than continue serving with the Turks.

Everything is orderly at Haifa. The administration was taken over without the slightest hitch. The disposal of the thousands of prisoners is a real problem. The number is constantly swelling and fugitives are coming in from everywhere to surrender. The booty is inestimable and includes a lorry filled with cases of Turkish treasury notes.

Among the prisoners were ninety-five Italians who were captured in the Isosno drive and had been enrolled for forced labor. The difficulties of the Turks retreating north of Ma-An have been increased by the destruction of the railway near Deraa. British airmen are also concentrating their attention on their line of retreat. Even if the fourth army escapes, isolated garrisons to the south of Ma-An are in a precarious position.

Kaiser Tries to Influence Masons To Aid Propaganda

ST. LOUIS, Sept. 25.—Attempts of the Kaiser to use the Masonic order to abet German peace propaganda were vigorously denounced in a resolution unanimously adopted tonight by the supreme council, Scottish Rite, southern jurisdiction, in convention here.

The resolution states that "German terms of peace shall never be considered by Masons because it is an inconclusive peace. Only terms of peace insuring a lasting peace, such as the American proposals, shall be given consideration."

The resolution explains that the Masons knew nothing of the German schemes to use the order for peace propaganda last August.

Soldier Vote May Decide New Jersey Primary Election

TRENTON, N. J., Sept. 25.—Indications tonight were that the soldier vote may decide who is to be the Democratic candidate for the long term as United States senator from this state. It is estimated there are about 5,000 New Jersey soldiers in camps throughout the United States who are eligible to vote in the primaries. Special commissioners were delegated to take the vote of these men and they have thirty days in which to make returns.

The official figures thus far received give LaMonte 12,248; Simpson 12,807; Hennessy 13,827. They show that McDermitt is far behind the others.

Sixteen More Books Barred From Camps By Secretary Baker

WASHINGTON, Sept. 25.—Sixteen additional books have been added to the list which Secretary Baker has ruled are unfit for American soldiers to read.

They include works by David Starr Jordan, Hugo Münsterberg, Edward Lyell Fox, J. O'D. Bennett, Lawrence Mott, Madeleine Z. Doty and Bernard Dernburg. In the list also is the book "Two Thousand Questions and Answers About the War" which has been withdrawn by the publishers.

Charity may cover a multitude of sins, but there are a number of multitudes still uncovered.

NATIONAL WOMEN'S LIBERTY LOAN COMMITTEE TO EXPLAIN AIMS AND PLANS OF THE WORKERS

The initial number of a series of letters to be sent every little while by the National Women's Liberty Loan committee has been received by Mr. A. W. Putnam, press representative of the Women's Executive division of the Weber County Council of Defense with the request that it be given out for publication. The following ladies are members of the National committee: Mrs. William C. McAdams, chairman, Antoinette Funk, vice-chairman, George Bass, secretary, Miss Mary Synon, treasurer.

The communication reads: "The Series of letters tell you something of how the vast sums of money appropriated for the prosecution of the war are being spent by the government.

The money we pay out and what we get for it is a fair statement of our war program and of our national achievement so far, and indicates definitely the magnitude of our undertaking, the giant scale of preparation and the standard we have set for ourselves in this grim struggle to preserve our national life and the civilization of the world. What we have done so far points to what is before us—what we must do week by week and month by month till the war is won.

In normal times a loan of the size it costs about a billion dollars a year to run the government. For the fiscal year ended June 30, 1918, congress appropriated in round numbers, including deficiencies, \$18,882,000,000. For 1919 congress has appropriated in round numbers at the present session, \$24,339,000,000.

The mind is often confused over "appropriations" and "expenditures." Congressional appropriations fix the limit of what may be used. Then the governmental departments and bureaus spend what is necessary, and at the end of the year the appropriation bills, Official figures show that for the fiscal year 1918 the government spent \$12,696,702,471.14, and in addition during the war months of 1917 disbursed \$885,000,000 for loans to allies.

Up to the very day we entered the war Germany believed that victory for the Central powers lay just ahead. A strong factor in this calculation was their belief that the Entente powers were financially exhausted.

Germany had spent fifty years preparing for a war of conquest. She knew that from her very start she must wage it from within the circle composed of herself and her allies, that she must produce from within this circle her raw stuffs and manufactured material, and by doing this, though the war has continued far beyond the

eighteen months that Germany set for its winning—if there was to be a winning—she has kept her money at home, used it over and over again, as the same water often turns the wheels of many mills.

Our allies, on the other hand, owing chiefly to their lack of preparation, had to come into the markets of the United States for most of their necessities, and in the years of our neutrality their account with us totaled approximately \$9,453,524,647.

A nation and an individual are alike when they want to buy anything—they must have money or credit, which is based on money. Our allies were short on both and we supplied their need. We advanced them money and credit, and we called the transaction a loan. In the fiscal years 1917 and 1918 we loaned them \$5,623,000,000. Their securities and governmental undertakings to repay lie in the vaults of the Treasury of the United States.

What our allies did with that credit or money is of vast importance to us. They looked to us to supply them with wheat and corn and cotton from our fields, coal and ore from our mines, and finished products from our factories and foundries.

They could not remain at war, so they brought this credit that we had lent them into our markets and spent it over our counters.

During the fiscal year 1918 our exports amounted to \$6,000,000,000. Six billion is six thousand million. Most of these went to our allies, and was turned immediately and eagerly into fighting stuff for winning their war—our war.

You will be interested in knowing some of the things our allies really did with the sums we lent them. First they used over \$150,000,000 for relief in Belgium and Serbia. The people in Belgium call it "blessed money." Beside the enormous expenditures embraced in the term "munitions of war," they have spent \$800,000,000 for cereals, \$800,000,000 for meat and other foods, and \$600,000,000 for cotton.

The letters immediately following this will tell the cost of turning a citizen into a soldier, of the draft, the soldier's life and training in the cantonments, his life overseas and the building of the ships that took him there, the engineering projects in France to make ready for the soldier's coming, our aircraft production, our wonderful Liberty motor, and kindred subjects.

Sincerely yours,
ANTOINETTE FUNK,
Director Propaganda and Speakers' Department.

TAKE HAIR OUT NOT OFF THE SKIN

Hair is bound to grow out coarser and stiffer when merely removed from the surface of the skin. The only common-sense way to remove hair is to attack it under the skin. DeMiracle, the real sanitary liquid, does this by absorption. Only genuine DeMiracle has a guarantee in each package. At colic counters in 40c, 81 and 82 sizes, or by mail from us in plain wrapper on receipt of price. FREE book mailed in plain sealed envelope on request. DeMiracle, 120th St. and Park Ave., New York.

Clothing for the Belgians Carefully Kept From Huns

NEW YORK, Sept. 25.—Assurances that clothing contributed for destitute Belgians would not fall into German hands, was given by Herbert Hoover in a meeting held public tonight by R. Arrowsmith, manager of the clothing collection campaign now being conducted by the Commission for Relief in Belgium.

"All clothing collected in America for Belgians," said Mr. Hoover's message, "is consigned to the office of the Commission for Relief in Belgium at Rotterdam is placed in barges and is sent into Belgium by a neutral Holland-Spanish mission which is working under protection of the Dutch and Spanish ministers in Brussels, controls the final distribution of this clothing to Belgian civilians. Absolutely no clothing falls into German hands."

VIGILANTES APPEAL TO EDITORS OF U. S.

NEW YORK, Sept. 25.—The Vigilantes, an organization composed of many of the most prominent authors in the country, issued an appeal tonight to editors, writers and citizens to mobilize public opinion in favor of

an authoritative statement that the war aim of the United States is the extinction of the militaristic autocracy of Germany.

"We believe that the war aims of the American people distinguished from peace terms," said the appeal, "is to procure the safety of civilization by destroying the militaristic autocracy of Germany."

BAKING HINTS

If the gas oven burns your cake or bread, put a pan of water directly under the baking and it will not burn. Apples baked with bananas are delicious.

MEN FEEL TIRED, TOO.

While much is said about tired women it must be remembered that men also pay the penalty of overwork. When the kidneys are weak, inactive or sluggish, when one feels tired out and miserable, lacks energy and ambition, Foley Kidney Pills are tonic and strengthening. Wm. H. Clark, Springfield, Ohio, writes: "I found no relief from kidney trouble until I took Foley Kidney Pills. Now I am in a 1 shape." They act quickly and surely.—A. R. McIntyre Drug Co.—Advertisement.

American Aviators Bringing Down Huns in War Zone

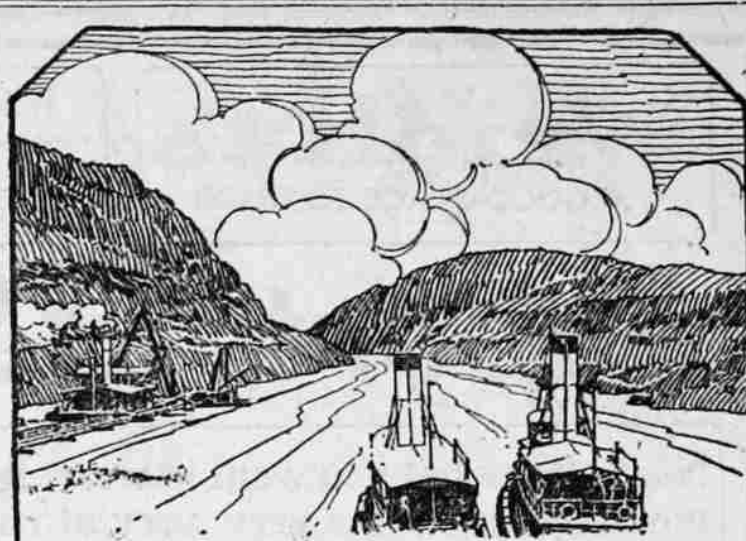
WITH THE AMERICAN ARMY IN FRANCE, Sept. 25.—(By the Associated Press.)—A large number of American aviators have been given official credit for having brought down one German machine each.

They include Major Kenneth Marr of San Francisco, Lieutenant Quentin Roosevelt of New York; Captain Herbert Hall of Palo Alto, Cal., and Lieutenant Alexander H. McAnahan of Philadelphia; E. N. Rucker of Fayette, Mo.; Waldon Heinrichs of Granville, Ohio; Tyler C. Bronson, New York City; Cleveland McDermott of Syracuse, N. Y.; Kenneth Porter of Dowagiac, Mich.; Robert C. Gates, Jr., Sparrowsburg, Pa.; William E. Broderick, Guthrie, Ill., and Hamilton Coolidge of Boston, Mass.

SCHWAB DENIES DISAGREEMENT. PHILADELPHIA, Sept. 25.—Charles M. Schwab, director general of the Emergency Fleet corporation in a formal statement tonight denied as "utterly untrue and unfounded" reports of a disagreement between himself and Edward N. Hurley, chairman of the shipping board.

REORGANIZATION OF S. P. COMPANY

The Southern Pacific company's corporate reorganization has been completed on the coast, according to a statement by Paul Shoup, vice-president, director and assistant to the president of the Southern Pacific company (corporation). Aside from its contract relations with the Federal administration, in connection with the operation of the steam lines, the Southern Pacific has many other very important in-



How Is Your "Culebra Cut"?

The Panama Canal is a clear passageway as far as the Culebra Cut. But Gold Hill has a way of slipping into the cut. And until dredges can clear the channel, the industrial schedule of the world is out of gear.

How about your own canal? The intestinal canal is a clear passageway as far as the large intestine. There, if you become constipated, waste matter is allowed to stagnate. It becomes unnaturally dry and undergoes abnormal fermentation and putrefaction. Germ activity is increased. Your whole system is out of gear. Result, the production of irritating and poisonous substances, which are absorbed into your blood and carried all over your body, liable to produce disease anywhere. The longer such stagnation is allowed to exist, the harder it is to clean out the canal. 90% of human disease originates in the "Culebra Cut."

If engineers tried to blast out the slide from Culebra Cut they would have more slides to cope with. If you try to blast out accumulated waste from your Culebra Cut with pills, salts or purges, you will increase your constipation—and next time you will have to take stronger medicine in a larger dose.

You can't dredge your canal. You can clean it out with Nujol.

Nujol softens the mass, and supplies the intestinal canal with sufficient moisture to replace deficient mucus. It causes the obstructive waste matter to pass gently out of your system at a regular hour, absorbing and removing the poisons as it goes. Nujol regularly keeps the traffic of your mind and body operating on schedule.

You admire the Panama Canal system. Why not safeguard your own? Your druggist has Nujol.

Warning:
NUJOL is sold only in sealed bottles bearing the Nujol Trade Mark. Insist on Nujol. You may suffer from substitutes.

Nujol Laboratories
STANDARD OIL CO. (NEW JERSEY)
50 Broadway, New York



terests remaining under its direct control. These include ownership of oil properties, agricultural and timber lands, electric railways in San Jose, Fresno, Stockton and throughout four counties in southern California, and important interests in other corporations, such as the Associated Oil company and the San Diego and Arizona railway.

The officers in charge, explains Mr. Shoup, are largely those who were looking after these branches of the work as well as others during the time prior to the period of Federal control of the steam lines.

"Under the new organization," said Shoup, Julius Kruttschnitt is president of the company, as well as chairman of the board, with headquarters in New York City. On the coast, the executive supervision and direction of the department devolves on myself as a vice-president, assistant to the president and a director of the company."

Mr. Shoup is also the president and chief executive of the related corporations, such as the electric lines, Associated Oil and other companies.

W. F. Herrin, vice-president and chief counsel, will have charge of the legal work as heretofore, dealing with all questions arising in connection therewith. Many important cases now pending in court will have his attention, including those relating to the timber and oil lands, the celebrated Central Pacific case, and other litigation. Mr. Herrin exercises, also, direct supervision over land questions.

G. I. King, who has been assistant secretary and secretary of leased lines for many years, assumes in addition the duties of assistant treasurer.

G. W. Mules, who is assistant controller of the company, formerly with headquarters in New York, takes charge of the accounting work on the Pacific coast.

Wm. Hood, longest in service of all the officers of the company, in his position of chief engineer, will have charge of valuation work and deal with all questions affecting corporate interests of an engineering nature on the government operated lines.

F. W. Mahl comes from New York to San Francisco as the corporate mechanical engineer. He has for many years in New York been director of purchases and prior to that time had a long and varied experience in the direction of mechanical departments of the company. Questions pertaining to equipment, rolling stock and shops, subject of conference between the Federal administration and the company, will be within his jurisdiction.

The headquarters of F. H. Plaisted, assistant to the traffic director, formerly in New York, have been removed to San Francisco. He will deal with traffic questions affecting corporate interests.

The land department remains under the direction of B. A. McAllister, who for more than ten years has been land commissioner.

The fuel oil department of the company will remain as at present under the direction of A. D'Heur, who now has the title of corporate manager of that department.

Corporate leases will be looked after by F. E. Leavitt, lease agent, who was formerly industrial agent. This is a new position.

E. O. McCormick, vice-president in charge of traffic, has been granted leave of absence. He is, it is understood, taking up special work for the government.

Dr. E. K. Ainsworth remains in charge of the hospital department of the company, but whether that department is to be under federal or corporate administration is a subject upon which no official statement is forthcoming as yet.

The headquarters of the corporate organization will be at 65 Market St., San Francisco, as heretofore.

What is Castoria

CASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of J. C. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-Good" are but experiments that trifle with and endanger the health of Infants and Children—Experience bears the signature. Genuine Castoria always bears the signature of J. C. Fletcher.

DON'T ENDURE RHEUMATIC PAIN! HERE'S QUICK RELIEF FOR YOU

Stop the pain! Give me relief! That's what you want when you're hurt. That's what you get with Sloan's Liniment. It not only "kills pain," but does it quickly, without delay. If you're tormented by Rheumatism, Neuralgia, Sprains, Bruises, Backache, and body or nerve pain—just see how quickly a little Sloan's Liniment gives relief. The very first application rests down to the seat of the trouble, warming and easing the nerves and tissues. You can almost feel the inflammation, swelling or stiffness subside, as the pain grows less and less.

You don't even have to wait to rub in Sloan's Liniment. It penetrates, and its clear, clean liquid can be poured right on the skin without staining. Get a generous size bottle from your druggist today.—Adv.

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Sloan's KILLS PAIN
The World's
Liniment

Purifies Highly antiseptic. Used as a curative agent for all skin troubles. Conceals permanent blemishes and reduces unnatural color. Ideal for correcting greasy skins.

Gouraud's Oriental Cream

Send 15c for Trial Size

FERD. T. HOPKINS & SON, New York

CHICHESTER'S PILLS

Take One or Two Pills Before Bedtime. They are the only pills that are gentle on the stomach and do not cause constipation. They are the only pills that are pure and safe for all ages.

SOLD BY DRUGGISTS EVERYWHERE